



DR. MCDUGALL'S
HEALTH & MEDICAL CENTER

Dr. McDougall's Color Picture Book

"Food Poisoning"

How to Cure It
by Eating Beans, Corn, Pasta,
Potatoes, Rice, etc.*



*Examples of foods shown to cure food poisoning are made only of McDougall recommended ingredients. See our website www.dr.mcdougall.com for free recipes and detailed instructions (no gimmicks).



**Forget about being reasonable,
sensible, prudent, or moderate.
You Can't!**

You Must Fix the Food



Moderation does not work for changing life-destroying habits.

A cigarette smoker never quits by cutting down.

Alcoholics do not sober up by switching to beer or wine.

You must treat food poisoning with **the same**
good or evil,
right or wrong,
go or stop,
green or red

attitude as you would treat drug addiction.

Just Say "NO"

To foods that are poisoning you and your family.

**We Have Truth and
Success on Our Side***



DR. MCDOUGALL'S
HEALTH & MEDICAL CENTER

www.drmcDougall.com

***Big Food: The Meat, Dairy, Egg, Fish, and
Processed Food Industries have all the money.
But we will beat them in the end.**

The McDougall Diet



The truth is simple and easy to understand:

The McDougall Diet is based on starches with vegetables and fruits.

The McDougall Diet does not contain any animal foods or vegetable oils.

The McDougall Diet may contain some salt, sugar, and/or spice.

Starches



Starches are plant parts that store large amounts of energy for daily activities. They are very low in fat with no cholesterol. They are rich in protein, vitamins, and minerals. Starches are essential to satisfy your appetite and they make you trim, strong, and healthy. Eat starch!

Non-Starchy Vegetables



These plant parts provide interest, color, flavor, and some important nutrition (vitamins A and C). They are insufficient in calories to provide for daily energy needs. They should be side dishes only. You must eat a starch-based diet!

Fruits



Fruits are mostly simple sugar with some vitamins and minerals. They provide a flavorful (sweet) addition to meals. However, appetite satisfaction is minimal. Generally, 1 to 4 fruits daily is a good goal. You must eat a starch-based diet!

Not Food!



All animal products are full of cholesterol, animal protein and fat; with no starch, dietary fiber, or other essential sugars for health. They are infiltrated with big doses of people-poisoning environmental chemicals and loads of infection-causing bacteria, parasites, and viruses.

People Are Sick from Eating Like Kings & Queens



Historical writings and pictures tell how wealthy people who ate meat, poultry, fish, cheese, milk, etc. became fat and sick.

The difference is that now billions of people, because of “progress” (the industrial revolution and the harnessing of fossil fuels), eat like the aristocrats of the past.

What else would you expect from eating all these rich foods? Served at Burger King & Dairy Queen (McDonalds, Taco Bell, KFC, all restaurants, groceries, etc.)

“Food Poisoning” Causes:



Obesity

(plus complications: hypertension, diabetes, heart disease, cancer, etc.)

“Food Poisoning” Causes:



Diabetes

(type-1 & type-2 plus complications:
eye damage, kidney failure, gangrene, etc.)

“Food Poisoning” Causes:



Heart Disease

(heart attacks, strokes, impotence, etc.)

“Food Poisoning” Causes:



Arthritis

(rheumatoid, psoriatic, lupus, etc.)

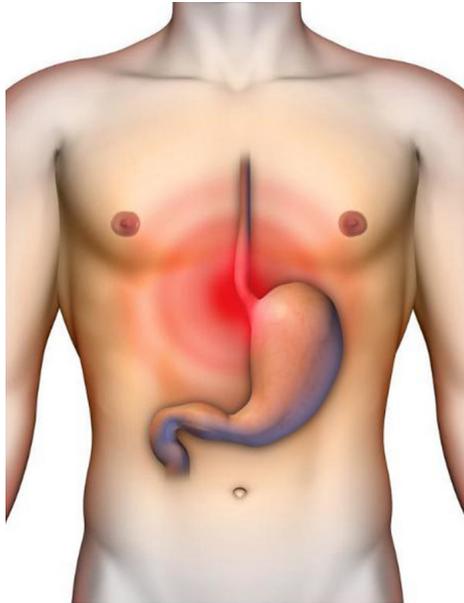
“Food Poisoning” Causes:



Cancer

(colon, breast, prostate, uterus, etc.)

“Food Poisoning” Causes:



GERD

(indigestion, esophagitis, ulcers,
gallbladder disease, etc.)

“Food Poisoning” Causes:



Constipation

(diverticular disease, hemorrhoids, fissures, hiatal hernia, varicose veins, etc.)

A Surefire Cure

Your body is always trying to heal itself.



Simply stop the food poisoning and the diseases quickly improve and/or go away.

Again: Food poisoning is primarily caused by eating animal foods and vegetable oils.

Benefits Happen Quickly

Within 24 hours expect relief of constipation, indigestion, GERD, oily skin, fatigue, etc. to begin.

Within 7 days expect:

**3.5 pound (1.5 Kg) weight loss.
(if starting overweight)**

22 mg/dl (0.6 IU) reduction in total cholesterol.

8/4 mmHg reduction in blood pressure.

(and BP medications are often stopped)

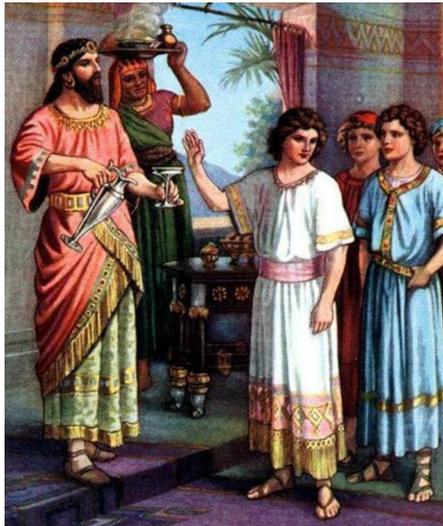
Arthritis is greatly improved.

In most cases medications for hypertension, type-2 diabetes, indigestion, etc. can be stopped (Under doctors' supervision, of course).

Within 4 months most chronic problems from food poisoning are a matter of history.

This is a cost-free, side-effect-free treatment.

One of the Earliest Controlled “Scientific” Trials of the McDougall Diet



A Bible story 2600 years ago: Daniel and his men, eating vegetables, were compared to men eating animal foods (like most Americans do now). At the end of the ten days the vegetarians looked healthier and better nourished than any of the young men who ate the royal food.

Gladiators Were the “Barley Men”



Strength and endurance come from eating starches. Think about the warriors of the past and the long distance runners of today: They are powered by starches. Winners never eat much meat, poultry, dairy, etc.

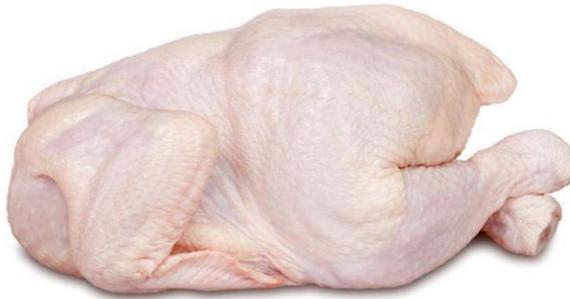
Do Not Eat



Meat

(cows, pigs, lambs, deer,
buffalos, whales, etc.)

Do Not Eat



Poultry

(chickens, turkeys, ducks, etc.)

Do Not Eat



Fish

(salmon, tuna, trout, perch, etc.)

Do Not Eat



Shellfish

(lobster, shrimp, crab, etc.)

Do Not Eat



Eggs

(chicken, goose, duck, ostrich, etc.)

Do Not Eat



Milk

(cow, buffalo, goat or any animal milk)

Do Not Eat



Curds (Yoghurt) or Buttermilk
(Cow, buffalo, goat or any animal milk based)

Do Not Eat



Cheese & Paneer

Do Not Eat



Butter or Ghee
(or Vanaspathi)

Do Not Eat



Readymade Fake Meats and Cheeses

(hot dogs, sausages, burgers, lunch meats, cheeses, ice creams, etc.) Most are made from isolated-proteins from soybeans combined with other chemicals. Also avoid those made from proteins of wheat, pea, fungi, etc.)

Do Not Eat



Vegetable Oils

(Sesame, groundnut, coconut, sunflower, olive, mustard, rice bran, palm etc.)

Remember: “The fat (oil) you eat
is the fat you wear.”

Do Not Eat



Fried Foods

(Oily and fast foods)

False Advertising in order to Sell Dangerous Foods

The meat industries say you must eat their products for protein...

The dairy industries say their products are necessary for calcium...

“Omega-3 fats” and fish comes to mind, immediately...

The truth is that protein and calcium deficiencies have never been reported on any natural diet sufficient in calories...

and only plants can make omega-3 fats. No fish or other animal can make them.

Eat Starches:



All large populations throughout history ate primarily starch: corn, rice, potatoes, etc.

Caloric Engines of Human Civilization



Eat Lots Of



Whole Cereals

(wheat, rice, corn, millet, etc.)

Use fruit juice, or a little rice or soy milk, etc. to moisten.

Eat Lots Of



Hot Cereals

(millet, cracked wheat dalia, etc.)

You can eat this meal for
breakfast, lunch, and/or dinner.

Eat Lots Of



Pudla, Chila, Dosa, Adai,
Utappam

(made with whole grains, millets, lentils)
No oil, dairy or eggs.

Eat Lots Of



Dals, Sambha, etc.

(lentils, beans, etc.)

No oil

Eat Lots Of



Lentil, Potato, Carrot Soups

(Use your favorite legumes, grains,
and vegetables, etc.)

No animal products or added vegetable oils.

Eat Lots Of



Vegetable Soups

(tomato, onion, corn, carrot, barley, etc.)

Make a big pot and eat all week long
with breads, baked potatoes,
and other convenient starches.

Eat Lots Of



Potatoes

(boiled, baked, steamed, etc.)

Never fried with oil or fat!

Eat Lots Of



Mashed Potatoes

(Idaho, russet, Yukon gold, etc.)

Eat for breakfast, lunch and/or dinner.

Potatoes provide complete nutrition:
protein, amino acids, calcium,
iron, fiber, vitamin C, etc.

Eat Lots Of



Sweet Potatoes

(baked, mashed, boiled, etc.)

You can successfully live on a diet
of sweet potatoes alone
until you find other meals to eat.

Eat Lots Of



Chapati, Phulka, Naan,
Parathas

(whole grain wheat, bajra, jowar, ragi, etc.)
Do not use butter, oil, vanaspati etc.

Eat Lots Of



Sevai, Vermicelli

(whole wheat, bajra, ragi, jowar, etc.)

Think of this as “Comfort Food.”

No oil or meat added.

Eat Lots Of



Brown Rice

(and all other whole grains)

Even white rice is better for you
than animal foods and vegetable oils.

Eat Lots Of



Rice & Vegetable Dishes

Sometimes all you can find is white rice
and other refined grain products.
Of course, whole grain is better.

Eat Lots Of



Beans, Rice, and Corn

Eat simple meals of starches then add some green vegetables and fruits for vitamins A and C.

Eat Lots Of



Grain-based Salads

(barley, millet, maize, rice etc.)

These are traditional
Middle Eastern foods.

No vegetable oils, of course.

Eat Lots Of



Idlis

(made with whole rice or millets and black gram etc.) No oil.

Eat Lots Of



Whole Grain Bread and Vegetable (Bean) Spread Sandwiches

(No fake soy-based-meats and cheeses)

Eat Some



Fruits

Eat a few - like 1 to 4 a day. They are mostly simple sugars which offer only short-time appetite satisfaction - you will be left hungry. These add interest to a starch-based meal plan but will not sustain you. Starch will satisfy!

Eat Some



Non-Starchy Vegetables

Eat a few daily. If you eat a diet of green, yellow, red, and orange non-starchy vegetables you will be hungry all the time. These foods do add interest and some concentrated nutrients to a starch-based meal plan but they will not sustain you.

Be Careful



Tofu and Other Natural Soy

They are fat-filled. Tofu, miso, soy milk, etc. are fine as a condiment. Not as the main course.

Remember - No fake meats and cheeses.

Be Careful



Nuts and Seeds

They are fat-filled. They will keep you
overweight and obese.

You may become a “Fat Vegan.”
Helpful for those in need of gaining weight.

Be Careful



Avocados

They are fat-filled. 90% of calories are from “good” but fattening fat.
Helpful for those in need of gaining weight.

Be Careful



Dried Fruits

High simple sugar calories.
Minimal appetite satisfaction.
Helpful to gain weight
and for endurance athletes

Be Careful



Juices

They are high in simple sugar calories.
The quality of a food is not improved
by beating it a thousand times
with a steel blade. Also true with
blending vegetables into juices.

Be Careful



Salt, Sugar & Spice

Most people can use these flavors.
If in doubt then check with your
professional healthcare advisors.

Do Not Take Supplements



Vitamins, minerals, and other plant nutrients are essential for health, but you must get them in their natural packages. Isolated concentrated nutrients found in pills increase your risk of death, heart disease, and cancer.

The only exception is vitamin B12.

Do Take Vitamin B12



The risk of a B12 deficiency disease is extremely small (1 in a million) and takes more than 3 years to develop.

To avoid even small risks, take this supplement. The need is fewer than 5 micrograms (mcg) daily.

However, the smallest doses sold in stores are 500 mcg. Likely, no side effects occur from the excess. Once a week is adequate.

Sunshine & Exercise



Some Light Exercise

(walking, swimming, bicycling, etc.)

Don't hurt yourself with strenuous activities.

Some Sunshine is Essential

(vitamin D and other benefits)

But not too much.

One Last Thought



If not to save yourself
and your family, how about
saving planet Earth?

The livestock industries are producing
over half of the global warming gases.

The meat, poultry, egg, dairy, and fish
industries are major unregulated polluters
of the environment.

Fortunately, we can stop this overnight.
Say “No” to food poisoning!

Instead, eat beans, bread, corn, pasta,
potatoes, sweet potatoes, rice, etc.

Please Share With Others



John & Mary McDougall

See a professional, trained, healthcare provider familiar with the effects of diet on health when changing your foods and/or medications.

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Indian version of Colour Picture Book compiled by SHARAN

About SHARAN

SHARAN is an NGO at the forefront of lifestyle disease prevention and reversal in India. SHARAN conducts talks, seminars, workshops, cooking classes, retreats and practitioner training programs about disease reversal and health without medicines. SHARAN also provides individual consultations.

Visit www.sharan-india.org to find out more about our programs and consultation services. You will also find many oil-free healthy recipes there. Watch healthy cooking videos on SHARAN's YouTube channel - sharanindialife

Join SHARAN's mailing list to receive information about their upcoming events by sending an email to info@sharan-india.org with your name, email address, phone number and city.

